

ABSTRACT OF THE DISCLOSURE

An automatic gain adjustment device and method capable of accurately adjusting a gain with a simple structure. In an automatic gain adjustment method of a feedback control system which uses a phase difference between an output signal obtained from a controlled object and an input signal while controlling the object based on the input signal, a phase shift amount is set so as to cause a frequency of the input signal to coincide with the crossover frequency at which the open loop gain forming the feedback control system becomes 0 dB, and a phase of the input signal is shifted based on the phase shift amount.